



Cardiology Department (845) 346-0699

You are scheduled to have an (exercise) treadmill stress test. Your test is to be performed on
(Date): _____ at (Time): _____

Instructions:

- Do not smoke or eat a heavy meal before this test.
- Wear flat, comfortable shoes (no bedroom slippers or sandals) and loose, lightweight shorts or sweatpants. Walking or running shoes are best.
- Tell your doctor if:
 - You are taking medicine for an erection problem (such as Viagra). You may need to take nitroglycerin during this test, which can cause a serious reaction if you have taken a medicine for an erection problem within the past 48 hours.
 - You have had bleeding problems, or if you take aspirin or some other blood thinner.
 - You have joint problems in your hips or legs that may make it hard for you to exercise.
 - You have a heart valve problem.
- Unless otherwise advised by your doctor, please take all of your medicines (except the ones listed below)
- Please do not use any body lotion or body oils on the day of the test.

About this test:

After you arrive, electrodes will be applied to your chest wall and you will be connected to an EKG machine. You will then start walking on a treadmill. The speed and incline of the treadmill will increase every 3 minutes. The amount of time that you exercise on the treadmill will depend on your level of fatigue, symptoms, heart rate, and EKG findings. On average, most people exercise for about 6-9 minutes on the treadmill. Your blood pressure, heart rate, and EKG will be monitored throughout the test. You will also be monitored for several minutes after you stop exercising.

MEDICATION INSTRUCTIONS

1. Do **NOT** take these medications for 24 hours prior to your test:

Beta Blockers:

Toprol XL	Bystolic	Betapace	Coreg
Metoprolol Tartrate	Nadolol	Corzide	Carvedilol
Metoprolol Succinate	Pindolol	Tenoretic	Bisoprolol
Lopressor	Propranolol	Trandate	Acebutolol
Atenolol	Sotalol	Ziac	Zebeta
Tenormin	Sectral	Betagen	Inderal
Propranolol	Normodyne	Blocadren	Labetalol

Calcium Channel Blockers:

Procardia	Veralan	Verapamil	Cardizem
Nicardipine	Cardura	Isoptin	Tiaza
Felodipine	Cardene	Calan	
Nifedipine	Lotrel	Diltiazem	

Other meds:

Imdur	Nitroglycerin pills	Levitra
Isosorbide	Cialis	Isordil
Nitroglycerin patch	Viagra	

